## Who does what?

Walk Light

- Provides orientation to Health Ministries
- Provides training resources and support

The Pastor

- Provides leadership and support
- Leads by example

The

Congregation

• Creates a Health Ministry

- Supports the Health Ministry
- Commits to "Walk in the Light"

The Health
Ministry
Coordinator

- Keeps members' health information private
- Communicates with the pastor and the congregation
- Attends orientation and training
- Assesses congregation's needs
- Learns and uses community resources to promote healthy lifestyles
- Evaluates and shares progress

### For More Information

#### Community Health and Chronic Disease Prevention

Region 7: Serving Health Ministries in Berkeley, Charleston and Dorchester counties.

#### Karen Hill

Chronic Disease Prevention Manager (843) 579-4521 hillke@dhec.sc.gov

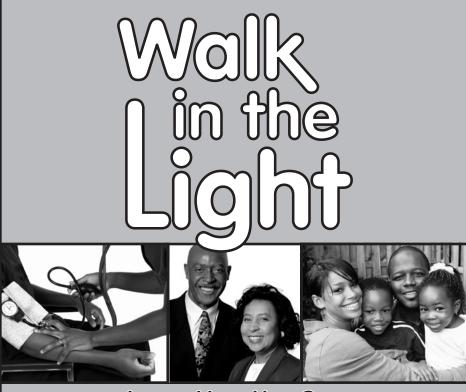
#### Martha Dunlap

Tobacco Health Educator (843) 579-4523 dunlapmp@dhec.sc.gov



South Carolina Department of Health and Environmental Control

www.scdhec.gov



Learn How You Can
Prevent Chronic Diseases

## Walk I in the Light



Learn to Live a Healthier Way.

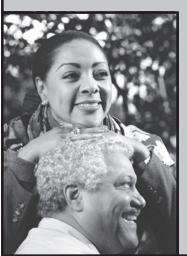
African-Americans are at higher

risk for heart disease, stroke, high blood pressure, diabetes, and some cancers. Healthy eating, more exercise, less salt, and no tobacco use can lower health risks.



Choosing a healthy lifestyle can help prevent early death and repeat hospital visits due to heart disease, diabetes, stroke, high blood pressure, and cancer.

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- Heart Disease
- Cancer
- Stroke
- High Blood Pressure
- Diabetes
- Healthy Eating
- Physical Activity
- Hazards of Tobacco Use

Wolk
in the
helps...

African American congregations teach their members about how lifestyle affects health and how chronic diseases develop.

